

Native Perennials, Vines, and Grasses for our Local Communities

The Importance of Native Plant Species in Our Landscapes

As native habitat is developed and our suburbs expand and sprawl, the food and shelter that were once abundant for our wildlife shrink. The American Audubon society estimates that our native bird population has decreased 30% since 1966. When we think of birds and wildlife, we often forget that insects are a critical food source. As we develop land and plant non-native plants in our suburbs, we change the habitat that supports the insects that support the birds, etc.

Although insects can take pollen and nectar from almost any flowering source, what we forget is that the larval stage of those insects rely on leaves. Insects have evolved as specialist feeders. They have evolved to eat specific plants. Planting native trees and shrubs helps ensure that our insect populations have a stable food source that in turn feeds our birds.

A chickadee needs 350-500 caterpillars a day to raise a clutch of nestlings. It takes 16-18 days to raise a clutch. That is 6000-9000 caterpillars to raise a nest full of babies to maturity.

As with any plant list, we remind you to look up the specific needs and habit of all plants to determine how that will work in your landscape BEFORE you buy.

Native Plant Species for NJ and MidAtlantic Region - Herbaceous Perennials, Vines and Grasses

American Pokeweed (*Phytolacca americana*)

Other common names for this tall, branching, herbaceous perennial include Pokeberry, Red Ink Plant, and Pigeonberry. This plant grows 4 to 10 feet tall in partial shade and moist soil, with reddish stems and long clusters of small, white flowers that produce drooping purple/black berries in late summer to fall. Pokeweed is native to the eastern portion of the U.S., and it provides an important food source for birds during fall migration. It's seed is spread widely by birds. It can be pruned into an attractive umbrella shape but its deep taproot means you should remove it from inconvenient locations close to buildings or walkways.



Anise-Scented Goldenrod (*Solidago odora*)

Also called Sweet Goldenrod, this fragrant, rough-leaved, perennial herb grows to 4 feet tall. It forms a bushy, upright clump of dark-green leaves that bears large heads of golden-yellow flowers. It is drought and deer tolerant and requires low to medium watering. It prefers full sun, but can grow in light shade, and in poor, dry soils. This plant is also of special value to native bees.

Black-Eyed-Susan (*Rudbeckia hirta*)

This herbaceous annual grows 1 to 2 feet tall in full sun and moist to dry, well-drained soil. The daisy-like flowers are yellow with a brownish-purple center, and bloom on rough stalks from June to October. It attracts birds for its seeds and pollinating insects for its nectar and is resistant to browsing by deer. This black-eyes susan reseeds generously.





Butterfly Milkweed (*Asclepias tuberosa*)

Other common names for this nectar-rich perennial include Orange Milkweed and Pleurisy Root. It typically grows in clumps up to 1 to 3 feet tall, and features clusters of bright orange to yellow-orange flowers. Its blooms are attractive to both butterflies and hummingbirds, and like all milkweeds, it serves as a host plant for butterfly species including the Monarch. Drought tolerant, this plant grows in full sun.



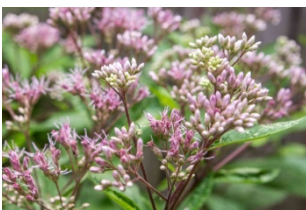
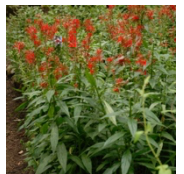
Canadian Lily (*Lilium canadense*)

Otherwise known as Wild Yellow Lily, Canadian Lily is a large, showy plant that grows 3 to 8 feet tall in full sun and cool, moist to wet soil. Beginning in late June to early July, this perennial bears handsome, yellow to orange-red flowers that open downwards and reveal dark spots on their insides. Butterflies and hummingbirds are attracted to the flowers, while various mammals browse the foliage.



Cardinal-Flower (*Lobelia cardinalis*)

Cardinal-Flower is a short-lived perennial that grows up to 6 feet tall and is capable of thriving in standing water or average soil. From mid-summer to fall it produces showy red flowers at the end of terminal spikes that are especially attractive to hummingbirds. This plant can grow in full sun to shade, but its soil must always be kept moist or wet.



Coastal-Plain Trumpetweed (*Eutrochium dubium*)

Also called Joe Pye, this herbaceous perennial typically grows 3 to 5 feet tall and 2 to 4 feet wide. It produces coarse foliage and clusters of small, disk flowers ranging in color from pale pink to dark purple from July to September. This plant grows in full sun to partial shade and in moist to wet soil. It can tolerate deer browsing, and its showy, fragrant flowers attract butterflies.

Common Boneset (*Eupatorium perfoliatum*)

Common Boneset is an herbaceous perennial that grows 3 to 6 feet tall, with clasping leaves on upright stems. It produces dense clusters of tiny white flower heads held above the foliage that attract butterflies and bees. Common Boneset grows in full sun to shade, and in moist to wet soils. This plant reseeds liberally.

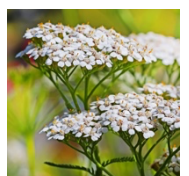


Common Milkweed (*Asclepias syriaca*)

Common Milkweed typically grows 3 to 4 feet tall on stout, upright stems. Its flowers are spherical umbels of fragrant, pink to purple that bloom from June to August. It is drought tolerant, growing in full sun and in a variety of moist soils, including sandy, rocky, clayey, or well-drained loamy soils. Common Milkweed is an aggressive spreader. Suited to meadow environments as opposed to small garden beds.

Common Yarrow (*Achillea millefolium*)

Also known as Western Yarrow and Milfoil, this spreading, perennial herb has feathery compound leaves and grows to 3 feet tall. Its flower heads are large, flat, compact clusters at the top of the stem. There is some confusion over the categorization of this species in North



America, as substantial hybridization has occurred between native and Eurasian strains. Common Yarrow forms spreading colonies and may be best suited for naturalized areas, growing in full sun to partial shade, and in dry soil.



Dense Gayfeather (*Liatris spicata*)

Also known as Blazing Star, this herbaceous perennial grows 3 to 4 feet tall. It has grass-like leaves that are clumped toward the base of the plant and continue up the stem till they reach the showy flower cluster: a tall spike of rayless, densely packed, rose-purple or white flower heads. This plant grows in full sun and moist soils and is favored by butterflies as well as hummingbirds.

Farewell-Summer (*Symphotrichum lateriflorum*)

Also known as Calico Aster and Side-flowering Aster, this perennial herb grows about 1 to 3 feet tall, branching occasionally. Its stems are light green or reddish brown with lines of white hairs. It produces numerous, small, pale-colored flowers with centers that change from yellow to reddish purple at maturity. This plant does well in full sun to partial shade and moist soils, tolerating occasional flooding.



Foxglove Beardtongue (*Penstemon digitalis*)

Also called Mississippi Penstemon or Smooth White Penstemon, this is a clump-forming plant that typically grows 3 to 5 feet tall. It produces white, two-lipped, tubular flowers atop erect, rigid stems from mid-spring to early summer. Attracting hummingbirds and bumblebees, this plant grows in full sun to partial shade and in dry to wet, fertile, and well-drained soils.

Gray Goldenrod (*Solidago nemoralis*)

This perennial, deciduous plant is also called Prairie, Oldfield, Grayleaf, Dwarf, or Field Goldenrod. One of the smallest species of goldenrod, it grows to about 2 feet in height, producing bright yellow flower heads from August to November. This herb is moderately deer-resistant and grows in full sun to shade, in dry sandy, rocky, and clay soils.



Great Blue Lobelia (*Lobelia siphilitica*)

This perennial reaches 2 to 3 feet in height, and produces lavender-blue, tubular flowers that bloom July through October. This plant grows in full sun to shade, and in clay, loam, or sandy soils; it is not drought tolerant, requiring soil that is kept moist or wet. The flowers are attractive to hummingbirds and pollinators such as bees.

Green-Head Coneflower (*Rudbeckia laciniata*)

Also known as Cutleaf Coneflower and Wild Goldenglow, this perennial herb grows branched, leafy stalks that extend 3 to 12 feet in height. Its flowers bloom from July to October and have yellow, back-tilted petals and greenish, cone-shaped centers that turn brownish as the seeds become riper. This plant grows in full sun to shade, and in moist, slightly acidic soil.





Ironweed (*Vernonia noveboracensis*)

Also known as New York Ironweed, is a tall, upright perennial that typically grows in full sun in moist thickets and low areas along stream banks. Its late summer bloom is tiny fluffy purple flowers along a tall stem that can grow up to 5 feet tall. Very hardy and deer resistant, this is a pollinator magnet that blooms into fall.

Jack-in-the-Pulpit (*Arisaema triphyllum*)

An herbaceous perennial, it reaches a height of 1 to 3 feet, producing large leaves and a distinctive, hooded, green flower with brown stripes that blooms from March to June. It prefers full sun to partial shade and moist, rich soils. During late summer, this plant bears bright red berries that attract birds and mammals.



King's-Cureall (*Oenothera biennis*)

Also known as Common Evening-Primrose, this biennial wildflower grows 2 to 6 feet tall. Its hairy, leafy stalks bear spikes of yellow flowers that open in the evening and close by noon. It can grow in full sun to shade, and in dry, rocky or sandy soils. This plant attracts several moth species, as well as small mammals and deer that eat the foliage, and birds that eat the seeds.

Late Purple American-Aster (*Symphyotrichum patens*)

This is an upright, perennial herb that typically grows to 2 1/2 feet tall on slender, hairy stems. It produces daisy-like flowers with blue to violet rays and yellow centers from August to October. This plant is drought tolerant, growing in full sun and partial shade, and in moist to dry soils.



Narrow-Leaf Fireweed (*Chamaenerion angustifolium*)

Also known as Willow Herb or simply as Fireweed, this showy, perennial wildflower has willow-like leaves and red stems like other plants in its genus, but its magenta blossoms make it unique. Its seeds are spread by rhizomes, and its flowers bloom from June to September, attracting hummingbirds as well as bees and moths.

This plant grows in full sun to partial shade, and tolerates shallow, rocky soil.

Narrow-Leaf Mountain-Mint (*Pycnanthemum tenuifolium*)

Also known as Slender Mountain Mint and Common Horsemint, this fragrant, perennial herb grows in stiff clumps 20 to 30 inches in height with clusters of lavender-white flowers with purple spots that bloom in the summer and attract bees and butterflies. This mint grows in full sun to partial shade, and in dry to moist soils. A variety of wildlife eat this plant's seeds, while deer also eat the leaves.



New England American-Aster (*Symphyotrichum novae-angliae*)

Also known as New England Aster, this perennial herb has the tendency to grow aggressively, reaching up to 4 feet tall in partial shade and moist soils. It produces flower heads with yellow discs and rays that range from white to purple-rose. These flowers are a popular late stop for bees and butterflies.

Red Columbine (*Aquilegia canadensis*)

Also known as Eastern Red Columbine and Wild Columbine, this herbaceous perennial grows erectly with uniquely bell-shaped, red flowers. The backward-pointing tubes of the flowers contain nectar, greatly attracting hummingbirds, butterflies, and other long-tongued insects. This plant grows best in full sun, and moist, well-drained, sandy soils, reaching a height of up to 2 feet.



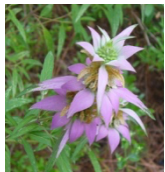
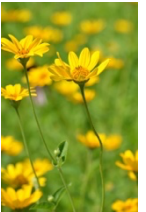
Seaside Goldenrod (*Solidago sempervirens*)

An herbaceous perennial that grows to a height of 4 to 6 feet, Seaside Goldenrod bears toothless, hairless leaves, thicker than those of most other goldenrod species. It produces yellow flowers during the summer and well into the fall, later in the season than most of its relatives. Native to saline areas along the coast, this plant is resistant to salt spray as well as to deer, and grows in full sun and moist, sandy soils.

NJ Native Goldenrods (*Solidago flexicaulis*, *sempervirens*, *rigida*, *rugosa* and *odora*) There are many goldenrods and some (*canadensis*) are quite aggressive. All are late summer into fall bloomers and are pollinator magnets. We suggest some of the showy, less aggressive species. *Solidago sempervirens* is a seaside species adapted to sandy soils. Consult with local native plant resources on the best goldenrod species to plant in your area.

Smooth Oxeye (*Heliopsis helianthoides*)

Despite its sunflower-like appearance, this upright perennial is also called False Sunflower because unlike true sunflowers (genus *Helianthus*), the flower head retains its rays. Smooth Oxeye typically grows 3 to 4 feet tall and features yellow-orange, daisy-like flowers with cone-shaped central disks, blooming throughout the summer. It can withstand dry, sandy or clay soils, and full sun to partial shade.



Spotted Beebalm (*Monarda punctata*)

Also called Spotted Horsemint or simply Horsemint, this aromatic perennial grows up to 3 feet tall and attracts pollinators such as bees and butterflies. A central stem produces two or more dense whorls of yellowish, purple-spotted flowers with purplish bracts in the upper portion of each plant. It is drought tolerant, growing in full sun, and in dry, sandy soils.

Spotted Crane's-Bill (*Geranium maculatum*)

Also known as Wild or Spotted Geranium, this herbaceous perennial grows up to 1 1/2 feet tall. Named for the shape of its seed capsule, this clump-forming wildflower spreads easily and does best in partial shade and moist soils. Its showy, pink or lavender flowers attract pollinators like bees, as well as birds that feed on this plant's seeds.



Spotted Touch-Me-Not (*Impatiens capensis*)

Also known as Jewelweed, this readily self-seeding annual grows 2 to 5 feet tall on weak stems and is best grown in naturalized clumps or allowed to self-seed in wilder areas. It produces small, orange flowers that bloom throughout the summer and fall, and seed pods that "pop" when touched (the closely related *Impatiens pallida*, Pale Touch-Me-Not, has yellow flowers). This plant grows

best in medium to wet soils and is highly attractive to hummingbirds that rely on the flowers' nectar during fall migration.

Swamp Milkweed (*Asclepias incarnata*)

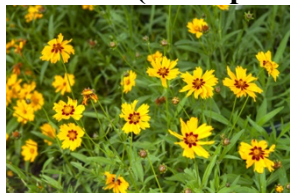
Swamp Milkweed, or Pink Milkweed, is an herbaceous perennial that typically grows 3 to 4 feet tall on branching stems. It bears clusters of small, fragrant, pink to mauve flowers that are highly attractive to butterflies and hummingbirds. This plant is a valuable food source for Monarch caterpillars. Swamp Milkweed is a great plant for low spots or other moist areas in the landscape, as it grows in full sun to partial shade, and in rich and even muddy soil.



Swamp Sunflower (*Helianthus angustifolius*)

Also called Narrowleaf Sunflower, this perennial grows 3 to 6 feet tall with a many-branched stem and rough, sandpapery leaves 3 to 6 inches long. The yellow flowers, 2 to 3 inches across, bloom profusely in late summer and autumn. It grows best in full sun to partial shade and in wet, sandy, loamy, and clayey soils.

Tickseed (*Coreopsis Grandiflora*)

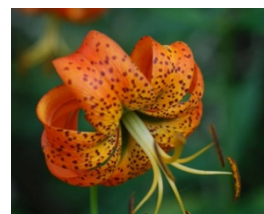


Large-flower Tickseed is a native perennial wildflower in the aster family. It has very showy bright yellow flowers and blooms from late spring to late summer. Deadhead the spent flowers to prolong the blooming season. It is clump-forming and grows 1-3 feet tall and wide. Tickseed prefers a sunny location in well-drained soil in the drier portion of the garden. Its preference is for sandy or rocky soils but can adapt to clay soils if it's well-drained. This

coreopsis may not always be reliably perennial but will reseed itself in the garden. Clumps can also be divided in early spring. Use in the border or rock gardens and in swaths to provide a long season of color.

Turk's-Cap Lily (*Lilium superbum*)

The largest of the native lilies, Turk's-Cap is a tall, showy perennial that reaches 3 to 7 feet in height. In early to midsummer, it bears stunning, spotted orange flowers that droop with dramatically backwards-curved petals and protruding stamens. The blossoms are sure to attract hummingbirds, butterflies, and moths. Turk's-Cap Lily grows best in moist to wet soils and full sun and can form large clumps over time.

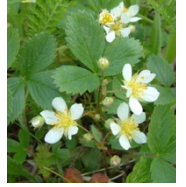


Virginia Mountain-Mint (*Pycnanthemum virginianum*)

This stout, multi-branched, and aromatic perennial herb grows 2 to 3 feet tall, and produces clusters of white, purple-spotted flowers that bloom in July and August. Especially valuable to bees and butterflies, this plant grows in partial shade, and in moist, calcareous soils.

Virginia Strawberry (*Fragaria virginiana*)

Otherwise known as Wild Strawberry, this is a perennial, ground-hugging plant with hairy, leafy stalks and white, five-petaled flowers with yellow centers. Once these flowers bloom in the spring, they are followed by sweet, wild strawberries that attract a variety of wildlife. This plant only grows up to 1 foot tall in full sun to partial shade, and in a wide range of dry soils. Makes a great green mulch.



White Turtlehead (*Chelone glabra*)

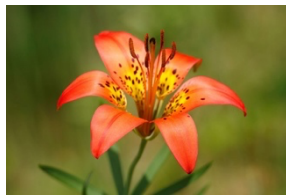
An herbaceous perennial that grows in clumps 2 to 4 feet tall, White Turtlehead bears spikes of white flowers in late summer and fall. It grows best in moist to wet soils and partial shade, attracting hummingbirds, and serving as a host plant for the Baltimore Checkerspot Butterfly.

Whorled Milkweed (*Asclepias verticillata*)

This small perennial blooms later in the year than most milkweeds and often into September. It grows 1 to 3 feet tall in full sun to partial shade, and in dry, sandy, clayey, or rocky soils. This plant produces small clusters of greenish-white flowers that attract many pollinators, including bees and Monarch butterflies, though it is toxic to livestock.



Wood Lily (*Lilium Philadelphicum*)



Wood Lily is a widespread perennial wildflower native from the east coast to the midwest in North America. Wood lilies can vary widely in color and size depending on location. The upward-facing orangish-red blooms are in groups of 1-3 and occur in early to mid-summer. This plant prefers sandy to loam soils in full sun to partial shade. Use in the native pollinator or butterfly garden in small groups. They can be slow to establish.

Woodland Sunflower (*Helianthus divaricatus*)

This perennial wildflower grows 2 to 6 feet tall, with a smooth central stem that branches where the yellow flower heads occur. These flowers bloom from July to September, attracting birds and butterflies. Woodland Sunflower can withstand a wide variety of soil conditions, but does best in dry to moist, well-drained soils, and in partial shade.



Wrinkle-Leaf Goldenrod (*Solidago rugosa*)

Also known as Roughleaf or Roughstem Goldenrod, this perennial herb grows 2 to 5 feet tall and in large masses. It produces tiny, bright yellow flowers borne in dense, plume-like bunches in September and October. This plant is deer-resistant and grows in full sun, and in wet, well-drained soils. It is a valuable source of food for bees and birds.

Vines

Virgin's Bower (*Clematis Virginiana*)

Virgin's Bower is a native vine that lights up the fall landscape with silky, featherlike seed heads. The vines can grow to about 10 feet and in midsummer are abundant with clusters of white flowers that can last a month. Grow along a fence or let this vine clamber up and through sturdy shrubs. This is a host for the Clematis Clearwing moth.

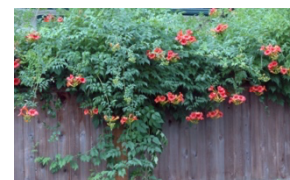


Coral honeysuckle (*Lonicera sempervirens*)

Also known as trumpet honeysuckle this native species is known for coral red flowers that attract hummingbirds and long-tongued pollinators. Slow-growing compared to the Asian species, trumpet honeysuckle can grow to 20 feet over time. It does not spread underground and keeps a tidy habit.

Trumpet-Creeper (*Campsis radicans*)

Also called Trumpet Vine, Foxglove Vine, and Devil's Shoestring, this is a high-climbing, woody vine with aerial rootlets that allow it to climb and aggressively spread. It produces fruit pods up to 6 inches long, and waxy, orange to reddish-orange flowers that are broadly trumpet-shaped, clustered at the branch ends, and very attractive to hummingbirds. This perennial can climb up to 35 feet in height and does best in full sun and in various dry to moist, well-drained soils, from sandy to limestone-based. Best planted in very large containers to contain underground spreading.)



Virginia-Creeper (*Parthenocissus quinquefolia*)

This woody, deciduous vine climbs with adhesive-tipped tendrils that do not damage buildings the way some vines do. The leaves provide early fall color, turning brilliant mauve, red, and purple, while the flowers are small, greenish, and occur in clusters, ripening into small, bluish fruits. This perennial grows in a variety of conditions from full sun to shade, and moist, well-drained soils. Can climb 25-30 feet. Not recommended for small yards as birds spread the seeds widely, Best for the edges of large properties.

American Wisteria (*Wisteria frutescens*)

This woody vine can grow up to 40' but is not as aggressive as its Japanese and Chinese counterparts. Spring finds it covered in lavender to pale blue chains of fragrant flowers. Needs full sun and regular pruning to control size and shape and to promote flowering.



Grasses and Sedges



Appalachian Sedge (*Carex appalachica*)

Appalachian sedge is a fine-textured green clump-forming sedge that performs well in dry, shady woodlands. The habit is arching, like a green fountain, which makes this sedge attractive in containers. Grows well on slopes and is a host for several caterpillars. Native sedges make wonderful lawn alternatives. Deer resistant.

Pennsylvania Sedge (*Carex pennsylvanica*)

This sedge has fine green leaves which are semi-evergreen, spreading slowly by rhizomes to form a tough ground cover. Most effective planted in masses. Is tolerant of foot traffic and can be used instead of grass in shady locations. Deer resistant.



Seersucker Sedge (*Carex plantaginea*)

Seersucker sedge lives up to its common name with wide, puckered green leaves that remind you of ribbon. It tolerates moist locations and fall and winter interest with its purple flowers and evergreen leaves. Deer resistant.



Little False Bluestem (*Schizachyrium scoparium*)

Also known simply as Little Bluestem, this is an ornamental, perennial bunchgrass that grows up to 2 feet tall. It forms dense mounds of slender, blue-green stems that become deep brownish red by September and produces white seed tufts that last about 1 to 2 weeks in the fall. This bunchgrass grows in full sun to partial shade and in a variety of dry, well-drained soils.

Pink Muhly Grass (*Muhlenbergia capillaris*)

This hardy native grass provides stunning late season color when its soft pink seed heads float above its fronds. This grass is deer resistant, thrives in nearly any soil type and tolerates heat, humidity and even droughty conditions.



Wand Panic Grass (*Panicum virgatum*)

This clump-forming, perennial grass grows 3 to 6 feet tall, with open, delicate sprays producing small seeds. Bright green leaves sprout along the stem and turn bright yellow in fall. This plant grows in full sun to partial shade, and in a variety of dry to moist soils including sandy, sandy loam, clay, and limestone-based soils. It is attractive to butterflies, highly resistant to deer, and provides cover, nesting material, and food (seeds) to ground-feeding/game birds.

Yellow Indian Grass (*Sorghastrum nutans*)

This is a tall, perennial, sod-forming grass with broad blue-green blades and a large, golden-brown, plume-like seed head. In the fall, the seed head turns deep orange to purple. It is drought tolerant, growing in full sun to shade, and in dry to moist soil, including sandy, loam, and clay soils. Because of its height (3 to 8 feet) and its tendency to remain erect, it provides a nesting habitat and protective cover for many kinds of birds.

